

**Amendments to the Specification:**

Please replace paragraph [00043] with the following amended paragraph:

[00043] Preferably, the method comprises, prior to step e) d), the step of pre-compacting the mixture. More preferably, the pre-compacting is performed by vibration.

Please replace paragraph [00046] with the following amended paragraph:

[00046] The closed volume metal shell used in step b) c) preferably comprises two continuous longitudinal main surfaces with side edges, and is deformable in a cross direction. The two longitudinal surfaces can be obtained from two coils of metal strip as will be discussed further below. In this case the hot rolling of step e) is preferably performed by at least one roll moving along one of the surfaces of the shell. Most preferably, the shell is hot rolled between two rolls.

Please replace paragraph [00049] with the following amended paragraph:

[00049] The step e) d) of increasing the density of the metal shell preferably comprises the step of cold rolling the metal shell.